

Mayor's Healthy Hometown Resource Guide



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Mayor's Healthy Hometown Resource Guide

Dear Friends in Fitness,

I want Louisville to be one of the healthiest cities in the country. That is why I have introduced ***The Mayor's Healthy Hometown Movement***.

For those of us who enjoy walking, playing sports, riding bikes and working in the yard, we know the payoffs in terms of relieving stress, lowering blood pressure and cholesterol levels, improving self-esteem and increasing our quality of life.

But we need everyone to participate.

Through our ***Healthy Hometown Movement***, and specifically this Resource Guide, I believe we can focus attention on information, resources and examples of how other groups and businesses are making a difference already. By sharing examples and tracking individual goals and successes, we will change the way we think and the way we live our lives.

Our primary goals are to have everyone committed to engaging in at least 30 minutes of physical activity per day for five days a week and eating five servings of fruits and vegetables per day.

My hope is to see you, your family and friends out in the community actively working with us to make Louisville a "Healthy Hometown!"

Jerry E. Abramson



Mayor
Louisville Metro



Mayor's Healthy Hometown Resource Guide

Dear Fellow Citizens,

Get out your running shoes! Gear up your bicycle! ***The Mayor's Healthy Hometown Movement*** continues to engage citizens from throughout our community in healthy behaviors.

The Mayor's Healthy Hometown Movement is a community-wide effort to create a new culture in Louisville where physical activity and optimal nutrition are the norm. The Mayor's Movement seeks to motivate Louisville Metro citizens to increase their level of physical activity and to adopt healthier lifestyles.

Some measurable goals for the Mayor's Healthy Hometown Movement include:

- Increasing the number of people in Louisville Metro who engage in 30 minutes of moderate physical activity at least 5 days a week by 15%.
- Decreasing the percentage of overweight or obese people in Louisville Metro by 10%.
- Increasing from 22% to 38% the number of people in Louisville Metro who eat five or more servings of fruits and vegetables per day.

True change in our community will not occur overnight. ***The Mayor's Healthy Hometown Movement*** is just that – a movement. The Mayor's Movement is growing slowly, but steadily and repeatedly sends the message that physical activity and healthy living are necessary and desirable, and even fun. If all residents of Louisville Metro adopt this message. ***The Mayor's Healthy Hometown Movement*** will make us a healthier and happier community.

Adewale Troutman, MD, MPH, MA

Director, Louisville Metro Health Department



Physical Activity

We all have bad influences in our lives. Think of your couch and television as two of those you could stand to see less.

You don't need to be an Olympic athlete or Lance Armstrong to benefit from regular exercise. Thousands of fellow Louisvillians regularly find the time to get out and enjoy local parks and recreation areas, gyms, neighborhoods, and even their own back yards to get their blood pumping and muscles moving. Just a little investment of time each day can return immediate benefits that last a lifetime.

Moderate physical activity (e.g., 30 minutes of walking, 15 minutes running) each day can significantly affect your health and quality of life. And, exercise is one component of life where more is actually better for you. ^{1,2, 6, 7}

So, take the stairs, walk the dog, bike, in-line skate, go dancing, hit the pool.

Consider participating in family outings that involve physical activities like hiking, a visit to the playground with the kids, or a walk through the park instead of going to a movie, or out to eat.

Remember: Before beginning any exercise program, check with your physician, physical therapist or other health care professional.

The Benefits of Daily Physical Activity

- Reduces the risk of heart disease by improving blood circulation throughout the body.
- Helps with weight loss.
- Improves blood cholesterol levels.
- Prevents and reduces high blood pressure.
- Prevents bone loss.
- Boosts energy level.
- Helps manage stress.
- Releases tension.
- Improves the quality of sleep and the ability to fall asleep quickly.
- Improves self-image.
- Counters anxiety and depression and increases enthusiasm and optimism.
- Increases muscle strength, giving greater capacity for other physical activities.
- Provides a way to share an activity with family and friends.
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, high cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life.
- In older people, it helps delay or prevent chronic illnesses and diseases associated with aging and maintains good quality of life and independence longer.

Stretching

Stretching is an important part of musculoskeletal health and injury prevention. It is a simple, quick and effective way to bring blood into the muscles, making your muscles more supple and relaxed. A relaxed muscle is less likely to tear or go into spasm. This means a decrease in body pain and an increase in general well being.

When you stretch your muscles, it is often described as a pulling sensation or a feeling that your muscles are being tightened but it should not be painful. It is important to stretch your muscles before exercising to improve tissue elasticity and flexibility. This may prevent injury and help prepare your body for the exercise to follow.

Post-exercise stretching can be just as important as pre-exercise stretching, since muscles will begin to tighten as they cool down. Following the workout, stretch for 5-10 minutes to increase flexibility. Post-exercise stretching may also reduce muscle soreness and is easier to complete when your muscles are already warm.

As with any exercise program, it is always a good idea to consult with your physician, physical therapist, or other health care professional especially if you have any pre-existing musculoskeletal injury

Types of Stretches

Stretch any time, anywhere but especially before working out to warm your muscles up. ⁹

Two types of stretching include dynamic and static stretching. Dynamic stretching is the best way to stretch before physical activity. This involves moving parts of your body and gradually increasing reach, speed of movement, or both. When stretching, do not force your body beyond it's normal range.

Static stretching consists of stretching a muscle (or group of muscles) to its farthest point and then maintaining or *holding* that position. This is the best type of stretching to do after a workout to increase the range of motion for the next workout.

"A healthy lifestyle includes touching each day upon the physical, mental and spiritual aspects of your life."

Ron Mann, Coach
U of L Men's Track and Field
University of Louisville

Tips for Stretching

The purpose of stretching is to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity/flexibility. If done correctly, stretching may help prevent injuries.

- Begin with gradual mobility exercises of all the joints, i.e. gentle rotation of the wrists, bend the arms, and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramps or dizzy spells.
- Never bounce while you stretch. Bouncing may cause a reflexive muscle contraction and lead to unnecessary joint and muscle strain and possible injury.
- Hold each stretch for 15-30 sec¹⁰ or up to 60 seconds for individuals over 65 years old.¹¹
- While stretching you should feel some slight discomfort; if you don't feel anything, then you may be doing the stretch incorrectly.
- Stop immediately if you feel any severe pain.
- Remember to breathe regularly and rhythmically; do not hold your breath.
- Try to work out a regular, systematic routine, start with your legs, and work up the body, in order not to miss out on any of the stretches.⁸



Stretching Tips

- 4-6 repetitions¹⁰
- Hold each stretch for 15-30 sec¹⁰ or 60 seconds for individuals over 65 years old¹¹
- Research has shown that frequency of stretches an individual completes in one day does not matter: 1 - 3 x/day,¹⁰ you decide!
- But, to maintain any real gains you need to stretch at least 1x week⁹
- You will see most lasting effects in 24 hours¹²
- It takes 2-4 weeks to see real improvement in your muscles¹²

Ten Basic Stretching Exercises

For stretching exercises to be effective, first raise your body temperature. A pre-exercise warm up should consist of 5-10 minutes of light aerobic exercise followed by stretching exercises for all major muscle groups. Hold each stretch for a minimum of 15-30 seconds, breathing slowly through your nose, aiming to exhale out through your mouth as you ease into the stretch.

1. *Shoulder Stretch*

Interlock your fingers and reach above your head. Your lower back should be flat or slightly arched inwards. You can perform this exercise sitting or standing.



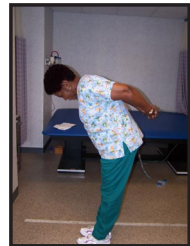
2. *Triceps Stretch*

Place your left hand behind your head and reach as far down your back as possible. With your right hand grasp your left elbow and gently pull it behind the back of your head. You can perform this exercise sitting or standing. Repeat for the other arm.



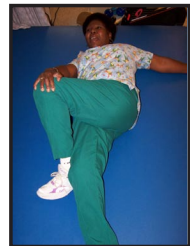
3. *Chest Stretch*

Clasp your hands behind your back. Gently straighten your elbows and raise your arms as high as comfortably possible. You can perform this exercise sitting or standing.



4. *Lower Back Stretch*

Lying flat on your back place the sole of your right foot on your left thigh. Grasp your right knee with your left hand and gently roll it to the left. Try to get your knee as close to the floor as possible without your right shoulder leaving the floor.



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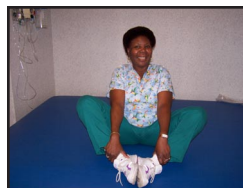
5. Groin Stretch

Stand with your feet about 2 meters apart, toes pointing forward. Gradually shift all your weight to your right leg by bending your right knee. Your left leg stays straight. You can increase the starting distance between your feet for a greater stretch.



6. Groin Stretch 2

Sit down and place the soles of your feet together. Clasp your ankles with your hands so that your elbows rest on your knees. Gently push your knees down with your elbows until you feel the stretch.



7. Quadriceps Stretch

Standing upright hold onto a support with one hand (i.e. a chair or table) for balance. With your other hand clasp your ankle and pull your heel into your buttocks. Repeat for the other leg.



"In 1975, I started running to shed some unwanted pounds after the birth of my first child. Soon I realized that running made me feel good about myself, elevated my energy levels, increased my overall health status and really just made me a better person all around. As a health educator, I want my readers to feel the passion that I have for maintaining my active lifestyle. As a result of that passion, I hope I will be able to help them to embrace an active healthy lifestyle as well."

**Barbara Day,
MS, RD, CN**

a registered dietitian, the publisher of Kentuckiana HealthFitness Magazine (kentuckianahealthfitness.com) & Kentuckiana Healthy Woman Magazine (kentuckianahealthywoman.com), a Radio Show Host of Health News You Can Use, a Mom, and a Grandmother, runner (for over 30 years), cyclist, and a hiker

8. Hamstring Stretch

Sitting down, stretch your legs out in front of you while keeping your back flat and upright. Bend your left leg keeping your left foot flat on the floor. Slowly reach forward and try to touch your right toe with both hands. Bend from your waist keeping your lower back flat and your head up. Repeat for the other leg.



9. Calf Stretch

Stand arms length away from a wall and with feet shoulder width apart. Place your right foot about 2 feet in front of your left. Keeping both heels flat on the ground lean towards the wall by bending your right knee. Your left leg should stay straight. Push gently against the wall for a deeper stretch. Repeat for the left leg.



10. Achilles Stretch

This is exactly the same procedure as above except as you lean towards the wall let both knees bend. Rather than leaning forward you should feel like you are lowering yourself straight down. Remember to keep both heels flat on the floor. Repeat for other leg.



"In order to stay active and maintain good health, I believe that you need to do what you like. Incorporate a sport or activity into your lifestyle, do them with some regularity, adapt them, take advantage of what's around you, and try something new.

For many years I had the need for intense training because of my history participating in college athletics and military service. Now, as a regular family man with no specific athletic pursuit, I stay active by walking regularly to the grocery, drug store, library and any number of restaurants and shops in my neighborhood. I use a baby jogger to take my son on the occasional run and he's transported regularly by bicycle to the many parks and playgrounds around the city. But, regardless of my hectic day, I get my daily activity when I go to work. For the past nine years I've climbed the 9 flights of stairs to my office."

Audley Gordon

Social Worker for the Kentucky State Cabinet for Health and Family Services



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The Mayor's Healthy Hometown Movement also supports several other clubs that help get Louisvillians living an exercise-rich lifestyle that ultimately leads to a healthier and longer life.

Go to our MHHM link on the Metro government website at <http://www.louisvilleky.gov/Health/MHHM/Individual+Activity+and+Personal+Goal+Setting.htm>.

Before beginning an exercise program, check with your local physician, physical therapist, or other health care professional.

Exercise Groups:

For those interested in training for certain goals with their exercise program, here are some links to sites with specific training programs for running, cycling, and swimming:

<http://www.halhighdon.com/>

<http://bicycling.com/>

<http://www.beginnertriathlete.com/>

http://swimming.about.com/cs/gettingstarted/a/getting_started.htm

<http://www.pponline.co.uk/encyc/swimming.htm>

If companionship helps you train, consider joining one of the following local athletic clubs for advice, camaraderie, and motivation:

Area Clubs & Sports Groups:

Derby City Walkers	459-4929
Kentuckiana Singles Hikers and Walkers	894-0579
Louisville Hiking Club	458-4226
Crescent Hill Masters Swimming	452-9180
Cherokee Road Runners	326-7867
Iroquois Hill Runners	361-7377
Louisville Rowing Club	584-9441
Louisville Landsharks Triathlon Club	243-4805
Louisville Bicycle Club	339-1637
Southern Indiana Wheelmen	948-2453
Fast Forward Cycling Team	326-7330
Orienteering Louisville	968-3212
Sierra Club	897-3335
Viking Canoe Club	426-6155
Louisville Masterbladers In-Line Skating Club	625-9684
Louisville Kempo Club	451-7823
Kentucky Wheelchair Athletic Association	582-7618
Louisville YMCA Masters Swimming	587-2357

More Area Clubs & Sports Groups:

Greater Louisville Amateur Ballroom Dancers	896-6909
Taoist Tai Chi Society	893-8550
Derby City Athletic Club	664-7427
Runningkids.com	664-7427
Louisville Youth Hockey Association	292-0833
Louisville Adult Hockey Players Association	643-2548
Headfirst Multisport Club	834-9942



"Your health is your wealth."

John Schnatter
founder Papa John's
Pizza, cyclist

Other National Programs

- **Healthy Steps - A Simple Program for Healthier Living** developed by the Presbyterian Church (USA) National Health Ministries, assists you in identifying lifestyle practices to change or new practices you might wish to adopt; it can also help you create an action plan to achieve your goals. For additional health info, go to www.pcusa.org/health/usa.
- **The 10,000 Steps Program** is sponsored by Shape Up America! Using a pedometer, this is a very simple program that can be done by one or many. Get a program kit at www.shapeup.org.
- **Fitness Fundamentals** is a basic physical activity instructional program sponsored by the President's Council on Physical Fitness. It provides comprehensive, beginning to end information on the development of an exercise program. Go to the Council's website at www.fitness.gov.
- **Active for Life** is an American Cancer Society physical activity program for worksites. It encourages people to be more active on a daily basis by setting goals, forming teams, and providing motivation and support. Go to www.cancer.org.
- **March into May** is a Centers for Disease Control and Prevention (CDC) physical activity program including team and individual log sheets. Periodic newsletters are circulated giving progress reports, tips, and features on physical activity and health. Go to www.cdc.gov.
- **America on the Move (AOTM)** is a nationwide initiative designed to promote active living and nutritious eating in order to stop weight gain and the many health complications that result from being inactive and overweight. Go to www.americaonthemove.org.
- **Fit Louisville** is dedicated to building public support for personal fitness. Go to www.fitlouisville.com.

Picking the Right Shoe

Athletic Shoes

Whether your activity is walking, jogging, running, or aerobics keep in mind that a good shoe makes a difference in the way your body responds to exercise and can prevent injury. In general, the best shoe is one which fits your foot. Price is not the important factor. The properly fitting shoe should allow enough toe room when standing. The heel of the shoe should feel snug and not pinch the back of the heel. It is essential to try on various shoes by different manufacturers before making your final decision. This is important to your body's health and your exercise success as improperly fitting sneakers can lead to injury.

8 POINTERS FOR PICKING WALKING SHOES

Visit your local running store for proper fit and assistance.

1. **Toe shape.** A squared-off toe box provides optimum space. Be sure shape isn't too receding, tapered, or pointed.
2. **Shock absorption.** Check cushioning in midsole and footbed. Be sure it isn't too spongy.
3. **Padding.** Tongue and collar are the critical areas.
4. **Heel.** It should be padded and notched (for Achilles tendon).
5. **Counter.** Cup of counter at heel is key to stability.
6. **Weight.** The lighter the better. Best weights are 8 oz. to 16 oz. per shoe.
7. **Flexibility.** At push off, your foot should flex between 45° and 55°. Stiff shoes can lead to sore feet and strained muscles.
8. **Outsole.** Bottom of shoe should be almost flat, with little or no heel. Tread should have smooth or shallow-lug pattern.



Proper Bicycle Fit

Bicycles are made in all different shapes and sizes to fit each of us individually. Just like a pair of shoes, a proper bike fit is critical in preventing injury and making sure you have the most comfortable ride. The following picture helps you adjust your bicycle to fit your body so that you avoid injury, maximize your efficiency and enjoy your exercise.

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Bike Right, Bike Fit!

A Physical Therapist's Perspective

Proper bike fit minimizes discomfort and helps prevent injury

Trunk Position and Shoulder Angle

For the recreational rider, trunk position should be between 90-100 degrees. For the road cyclist, trunk position should be between 80-90 degrees. For the road cyclist, trunk position angle should be between 90-100 degrees.

The Handlebars

Handlebar position will affect your hand, shoulder, neck, and back position as well as the handling of your bicycle. For the road cyclist, correct handlebar position will be lower, more forward, and more angled down. Recreational riders' handlebars should allow hands to be slightly wider than shoulders. Handlebars should be 2 cm wider than the shoulders for comfort and to help prevent poor handling of the bicycle.

Knee to Pedal

A physical therapist can measure the angle of knee flexion in the pedal position. For the recreational cyclist, the angle with less stress on the knee. For the recreational cyclist, the angle should be 35-45 degrees. The road cyclist should have a 30-35 degree angle.

Foot to Pedal

Proper foot position will affect foot over the pedal position. For the recreational cyclist, the angle should be 35-45 degrees. The road cyclist should have a 30-35 degree angle.

A Note About Pedaling

Pedaling is a skilled activity that requires coordination of the muscles of the legs, hips, and torso. Pedaling at 80-90 revolutions per minute. Pedaling at this rate will lower your chance of injury.

The Saddle

The saddle on your bike should always be level. If the saddle tip is slanted, pressure will be placed on the sit bones and the spine. The saddle should be comfortable. Saddle from the handlebars—also close and extra weight will be placed on the handlebars. The saddle should be 2 cm away from your torso when you are in your lowest back and neck position.

APTA
American Physical Therapy Association
The Science of Healing...The Art of Caring...
www.apta.org

Health Vital Signs

1. Heart rate – Find your pulse at your wrist or neck, and count the pulses for 15 seconds. Multiply by 4 to get your beats per minute. Normal resting heart rate in adults is 60-100 beats per minute.

2. Blood pressure – Can be checked at doctor's office, some stores and/or malls. Normal blood pressure for adults is 120/80 mmHg. High blood pressure is a blood pressure reading of 140/90 mmHg or higher.

3. Respiratory Rate – A measure of breathing rate. For adults, normal resting rate is 12-20 breaths per minute.

4. Cholesterol – Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to function normally. Your body makes all the cholesterol it needs. Too much cholesterol in the blood, or high blood cholesterol, can be serious. Cholesterol can build up on the walls of your arteries (blood vessels that carry blood from the heart to other parts of the body). This buildup of cholesterol is called plaque (plak). Over time, plaque can cause narrowing of the arteries and can cause heart disease. This is called atherosclerosis (ath-er-o-skler-O-sis), or hardening of the arteries. An individual should aim to have an **overall cholesterol level less than 200 mg/dl total**.

There are two types of cholesterol that make up your overall levels.

Low-density lipoprotein (LDL) cholesterol is sometimes called "bad" cholesterol. High LDL cholesterol leads to a buildup of cholesterol in arteries. The higher the LDL level in your blood, the greater chance you have of getting heart disease. Recommended LDL is less than **130 mg/dl**.^{1, 2, 3}

High-density lipoprotein (HDL) cholesterol is sometimes called "good" cholesterol. HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease. Recommended HDL is: **40-60 mg/dl**.^{1, 2, 3}

5. BMI – body mass index – a measure of body composition. To calculate, divide your weight, in pounds, by your height squared, in inches, then multiply by 703. Ideal BMI is between **18.5 and 24.9**.^{1, 3, 6}

Injury

Any physical undertaking carries a risk of injury. However, better physical conditioning and common sense will lower your risk of injury and illness. If you sustain an injury, seek medical attention.

Common warning signs of injury include:

1. Joint pain: commonly in knees, wrists, ankles, shoulders, and elbows that persists for more than 48 hours.
2. Point tenderness: pain in one spot to touch, compare to other side of body.
3. Swelling: enlargement of tissue, often warm and red
4. Reduced movement of a joint: often due to swelling, may feel clicking or popping.

(continued, page 18)

Calculating your BMI

BMI is not always an accurate way to determine whether you need to lose weight. Here are some exceptions:

- Body builders: Because muscle weighs more than fat, people who are unusually muscular may have a high BMI.
- Elderly: In the elderly it is often better to have a BMI between 25 and 27, rather than under 25. If you are older than 65, for example, a slightly higher BMI may help protect you from osteoporosis.
- Children: While an alarming number of children are obese, do not use this BMI calculator for evaluating a child. Talk to your child's doctor about what is an appropriate weight for his or her age.

To calculate your BMI, use this formula and compare your answer to the tab:
$$\text{BMI} = \text{height (in)}^2 / \text{weight (lbs)} \times 703$$

Adults	Women	Men
Anorexia	<17.5	<17.5
Underweight	<19.1	<20.7
In normal range	19.1-25.8	20.7-26.4
Marginally overweight	25.8-27.3	26.4-27.8
Overweight	27.3-32.3	27.8-31.1
Very overweight or obese	>32.3	>31.1
Severely obese	35 – 40	35 - 40
Morbidly obese	40 – 50	40 - 50
Super obese	50 – 60	50-60

Injury, continued from previous page

5. Weakness: compare with other side of body to determine changes.
6. Numbness and tingling: can indicate nerve compromise or injury.

If you recognize any of the above warning signs of injury the goal is to prevent further damage. **Don't let the problem get any worse and don't let the swelling continue.** If you have any of the above warning signs, do not continue your activity. Begin treatment immediately and seek the advice of your physician, physical therapist, or other health care professional.

The first treatment indicated for any acute injury is to reduce swelling. Swelling causes pain and loss of motion, which in turn will limit use of the muscles. If you don't use the muscles, they will weaken, shorten and resist repair. The primary treatment for acute sports injury is **R.I.C.E.**: Rest, Ice, Compression and Elevation. Rest in this case simply means to stop the activity that caused the injury. Compression for an acute injury is the most important immediate treatment. Wrapping the injured body part with an ACE bandage can keep swelling to a minimum.

Try to elevate the injury to about the level of your heart and ice it in 20-minute intervals, several times a day. Never apply heat to an injury. Heat will increase circulation and increase swelling.

Immediate Treatment for Injury

As a recap, here is what you should do immediately if you sustain a sports injury:

1. Stop the activity immediately.
2. Wrap the injured part uniformly in a compression bandage.
3. Apply ice to the injured part (use a bag of crushed ice or a bag of frozen vegetables) for no more than 15 minutes at a time. Let the area warm completely before applying ice again, in order to prevent frostbite.
4. Elevate the injured part above the level of the heart to reduce swelling.
5. Get to a physician, physical therapist, or other health care professional for a proper diagnosis of any serious injury. ^{4, 5}

Children and Exercise ^{1, 2, 6}

Adults aren't the only ones in need of exercise. Recent research shows that children today are less active than ever before, and are showing negative health effects sooner. Too much television, computer and Gameboy time, along with daily diets of fast food and doughnuts is robbing our future generation of their most precious commodity—their health.

- The National Health and Nutrition Examination Study (NHANES - 1999-2002) found that the prevalence of overweight American adolescents age 12-19 was 16.7% for males and 15.4% for females. There was an increase of 250% from 1970 to 2002.
- The 2003 Youth Risk Factor Surveillance Study indicates that 33.4% of youth don't engage in physical activity, which has been proven to promote long-term health.
- Children in the U.S. today are less fit than they were a generation ago and showing early signs of increased cardiovascular disease risk such as weight gain, higher blood cholesterol, and cigarette smoking.
- Obese children are two times more likely to develop Type 2 diabetes (see Disease Education section for more information) that until only recently occurred primarily in adults.
- Inactive children, when compared with active children, weigh more, have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDLs).
- Even though heart attack and stroke are rare in children, evidence shows that behaviors leading to those conditions begin in childhood.



Local Activities

Louisville has 122 parks within the Metro area covering 13,500 acres. This doesn't include our large variety of City-run community centers, aquatic centers, and golf courses. For detailed information on our parks, go to www.louisvilleky.gov/metroparks. In the following pages, you will find a detailed list of parks, park information, trail maps and a city-wide bike route map. So, get moving in one of our great parks!

Tai Chi Classes - Free

Mondays & Wednesdays 5:30 - 7:00 PM Registration not needed
Louisville Metro Health Department (Forum) - 400 E. Gray Street
The Health Department classes are designed so that people at any experience and ability level can participate and succeed.

Low Impact Aerobics 25 cents per session - bring your own mat

Tuesdays & Thursdays 5:00 - 6:00 PM Registration not needed
Louisville Metro Health Department - 400 E. Gray Street (Forum)

High Impact Aerobics - Free

Wednesdays & Thursdays 6:00 - 7:00 PM Registration not needed
Louisville Central Community Center - 1300 W. Muhammad Ali Boulevard

Hip Hop-ercise - Free

Hip Hop-ercise classes combine hip-hop dance moves with aerobic exercises. The classes are ideal for children, teens, and adults who want a good cardiovascular workout and have a lot of fun. The 50-minute sessions are led by fitness trainer Tanika Owens at the Presbyterian Community Center (701 South Hancock Street), are free and open to the public. Tuesdays 6 p.m. and Thursdays 5:30 p.m.

Please call **574-6663** to register for any of these classes.

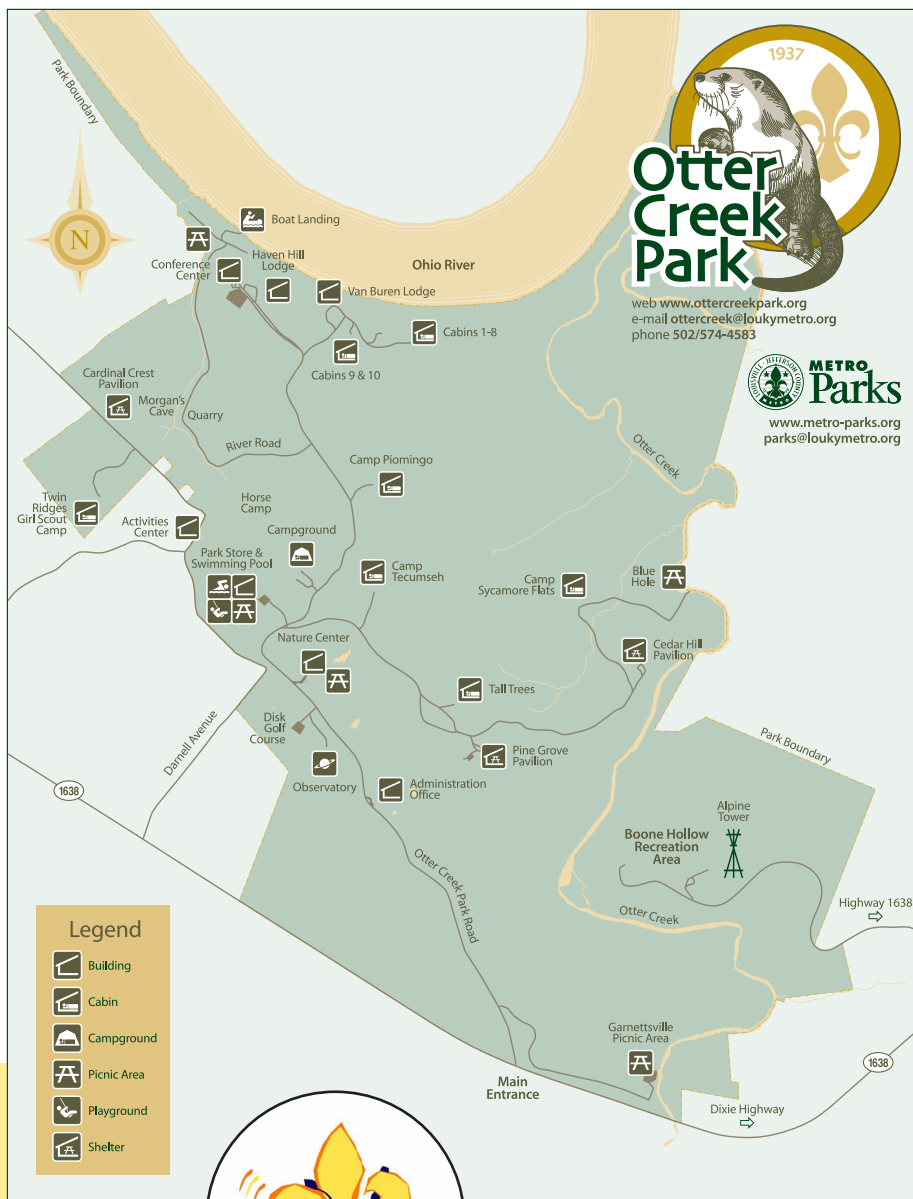


Seeking Help

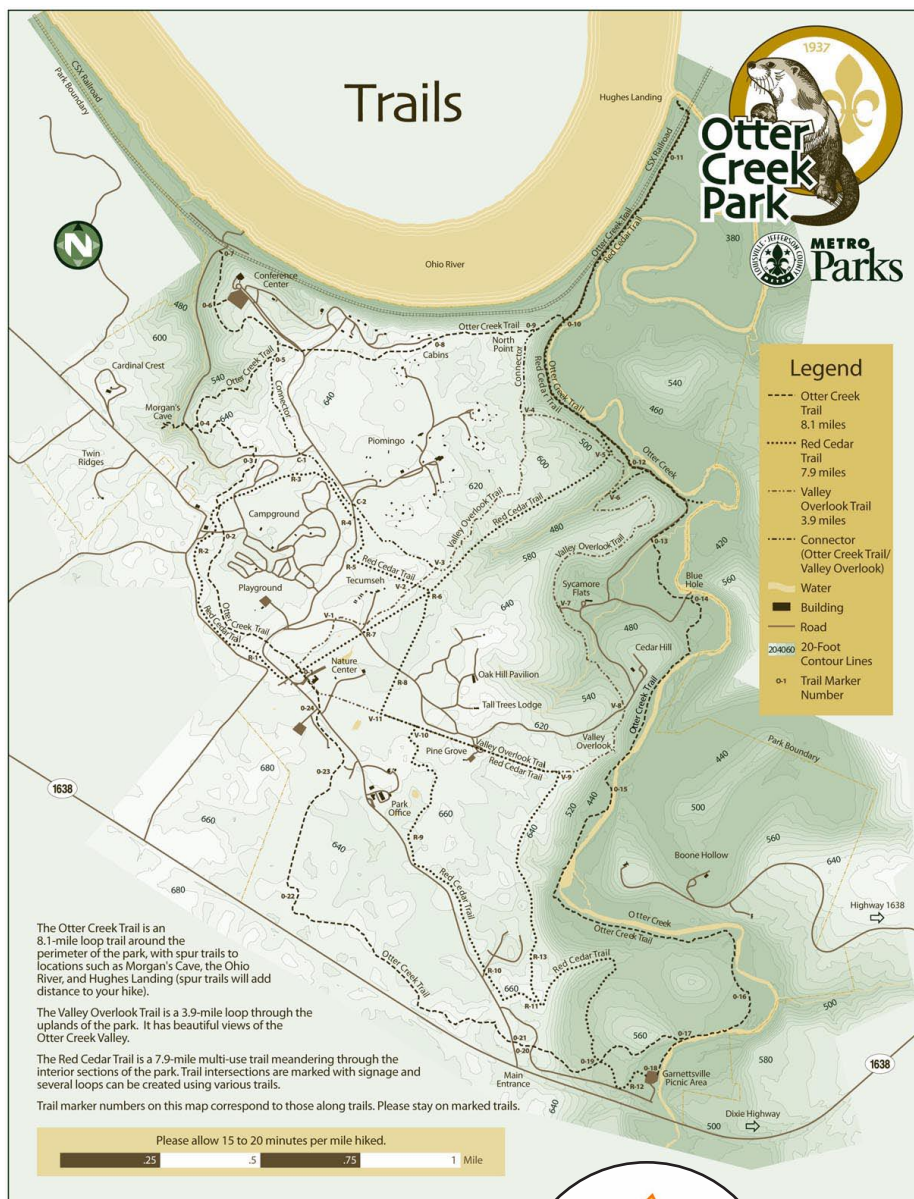
Louisville has several free, open to the public aerobics type programs.

Call for additional information (502) 574-8045 or go on-line at www.louisvilleky.gov/Health/Aerobics+Classes.htm

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Nutrition

Nutrition is the cornerstone to every healthy diet. Nutrition is the process by which your body uses food and liquids for daily growth and energy. There are six main types of nutrients: water, carbohydrates, lipids, proteins, minerals, and vitamins. Of these six, three are needed to supply energy for the body to provide daily growth: carbohydrates, lipids (fat), and proteins. Each gram of protein or carbohydrate in food provides about 4 calories, whereas each gram of lipids (fat) provides 9 calories.¹ With the proper nutrition, your body will have more energy to perform your daily activities, including exercise, and will make you look and feel better about yourself.

For more information on nutrition, go to <http://www.foodpyramid.gov/index.html>.

Eating Healthy

Eating healthy is not just something you do, but a way of life. The first step to eating healthy is to dispose of the myth that healthy food tastes bad. We've come a long way since the days of cardboard diet products. Eating healthy does not mean you can never indulge in chocolate, cheese, or grandma's Derby pie. Healthy eating is not about choice or selection, it's about checks and balances. If you learn to balance your diet correctly, you can have a healthy, enjoyable, and most important, fun lifestyle.



Nutrition Weblinks

United States Dept of Agriculture: Food Guide Pyramid

The food pyramid was recently updated to provide a more realistic approach and goal to eating a well balanced diet. Additionally, the USDA has taken the pyramid one step further by individualizing the food pyramid to your body's needs based on sex, age, and activity level. <http://www.mypyramid.gov/>

Center for Disease Control (CDC) and Prevention

This site is very user friendly; however, the content is somewhat limited. The nutrition facts are listed in FDA format which is refreshing.

"The 5 A Day program endorses recipes that promote fruit and vegetables and are low in fat and cholesterol. The use of whole grains and minimal use of salt and sugar are strongly encouraged in all 5 A Day recipes."

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm>

Weight Management

Every year millions of Americans spend billions of dollars trying to figure out how to lose weight. Starting a weight loss program can be an intimidating undertaking. However, with the right attitude, guidance, and motivation; weight-loss can be an attainable goal.

How to lose weight

The way to lose weight is to create a caloric deficit in your daily nutritional intake. Simply put: burn more calories than you consume. Sounds easy enough, right? Wrong! According to the Federal Trade Commission, Americans spend over 30 billion dollars on weight loss diets, products, and services. Dr. George L. Blackburn, past president of The American Society of Clinical Nutrition asserts that along with evidenced based guidelines to reduce weight loss with decreasing caloric intake and increasing physical activity, people should also pursue behavioral modifications/therapy to help promote and sustain weight loss.¹ Finally, the American College of Sports Medicine states, "the initial objective should be to reduce body weight by about 10% from baseline, with a goal of 1 to 2 lb per week over a 6-month treatment period."²

The weight loss industry did not become a billion dollar success story overnight; it became that way because millions of Americans are overweight and need help losing it. Below you will find a listing of area organizations that work with Louisvillians to help you lose weight. In addition, we have provided information on a City-led seminar at the Louisville Urban League. Every pound counts toward a healthier lifestyle, so start now!

Weight Control Programs

Weight Control Series

A 4-session series taught by a Registered Dietitian, with initial body fat check; meal plans provided. A follow-up body fact check is provided several months after the series.

Thursdays:

2:00 - 3:30 PM

Louisville Urban League

1535 West Broadway

(Classroom)

Jenny Craig

Requires sign up for free account. User friendly search engine that includes: meal type, occasion, and preparation time. All recipes provide nutrition facts.

<http://www.jennycraig.com/landing/recipes-healthy.asp?leadsrc=2500>se=goog>kw=healthy+recipes>

Mayor's Healthy Hometown Resource Guide

Weight Loss Programs

Address	Zip Code	Phone #
Advanced Weight Loss Systems	40291	502-239-1059
Advanced Weight Loss Systems	40207	502-899-1059
Baptist East Milestone Wellness Ctr	40207	502-896-3900
Curves for Women	40205	502-459-3344
Hameron Weight Loss Center	40243	502-245-0296
Jenny Craig Weight Loss Center	40222	502-339-0908
Jenny Craig Weight Loss Center	40220	502-495-0052
LA Weight Loss Center	40299	502-493-2701
LA Weight Loss Center	40207	502-894-9100
LA Weight Loss Center	40241	502-412-1776
Louisville Center of Weight Loss	40299	502-583-3191
Martha Gregory & Associates	40220	502-458-4588
Medical Weight Management	40220	502-451-7720
Nutri System Weight Loss Center	40291	502-239-4818
Overeaters Anonymous	40233	502-566-3110
Weight Loss Plus	40243	502-244-8746
Weight Watchers	800-651-6000	

Many listings in the Louisville area

Calorie Use Chart ^{5, 6, 7}

The figures below show the approximate calories spent by a 75-pound, 100-pound or 150-pound person doing a particular activity.

Calories used per hour for a person weighing:

	75 lbs.	100 lbs.	150 lbs.
Bicycling, 6 mph	135	160	240
Bicycling, 12 mph	225	270	410
Jogging, 5 1/2 mph	365	440	660
Jogging, 7 mph	510	610	920
Jumping rope	415	500	750
Running in place	360	430	650
Running, 10 mph	710	850	1,280
Swimming, 25 yds./min.	155	185	275
Swimming, 50 yds./min.	270	325	500
Tennis singles	220	265	400
Walking, 2 mph	125	160	240
Walking, 3 mph	175	210	320
Walking, 4 1/2 mph	245	295	440

Inspiration from Jack La Lanne: Physical Fitness Expert⁴

Often called the Godfather of Fitness, Jack LaLanne turned 92 on September 26, 2006.

LaLanne believes every human being can attain maximum body health and fitness if they will practice moderation, eat the most natural foods, and exercise on a regular basis. Over the years on national television, radio talk shows and in the press, LaLanne's little gems of wisdom have become known as "***LaLanneisms.***"



Photo courtesy of Maureen Donaldson

Here are a few:

- Anything in life is possible and you can make it happen.
- Your waistline is your lifeline.
- Don't exceed the feed limit.
- The food you eat today is walking and talking tomorrow.
- Ten seconds on the lips and a lifetime on the hips.
- Better to wear out than rust out.
- Do – don't stew.
- People don't die of old age, they die of inactivity.
- First we inspire them, then we perspire them.
- You eat everyday, you sleep everyday, and your body was made to exercise everyday.
- I can't die, it would ruin my image.

Healthy Recipe Tips

Apples for Health

This site provides an extensive list of healthy recipes, breaking down into categories, low-calories, low-fat, low sodium, and sugar free. Each category is equipped with a full course meal that includes: appetizers, entrées, side dishes, breads and grains, beverages, and desserts. The recipes also provide nutrition facts and servings information to help keep track of your healthy diet.

<http://www.applesforhealth.com/recipes1.html>

WebMD

http://www.webmd.com/health_and_wellness/food_nutrition/recipe_finder/default.htm

Local Farmers' Market Locations

Louisville has many locations distributing locally grown products. These are often organic and help support our regional farmers. A complete listing is found below:

Crescent Hill Farmers' Market

Fruits, vegetables, plants, cut flowers.

May - October 11

Fridays, 6:30 am until sold out

Mondays, beginning June 16,

6:30 am until sold out

(through early October)

Crescent Hill United Methodist

Church parking lot,

201 S. Peterson Ave.

Highland Farmers' Market

Vegetables, fruits, fresh eggs, herbs, flowers, baked goods, honey, cheese, potted plants.

April 1 - December 23

Saturdays, 8:00 am - 1:00 pm

1722 Bardstown Road

(Bardstown Road Presbyterian

Church parking lot)

Jeffersontown Farmers' Market

Greens, radishes, cabbage, broccoli, peas, spinach, berries, sweet corn, herbs, tomatoes, apples and several varieties of melons.

April 29 - November 4

Saturdays, 7:30 am until sold out

Tuesdays, 3:00 pm until sold out

Under the Jeffersontown Pavilion,

near the intersection of Watterson

Trail and Taylorsville Road.

Middletown Farmers' Market

Cabbage, broccoli, kale, beans, onions, tomatoes, potatoes, flowers, summer squash, zucchini squash, sweet corn, eggplant, cucumber and others.

June 3 - September 9

Saturdays, 8:00 am - 12:00 pm

Village Square Shopping Center,

11800 Shelbyville Road.

Old Louisville Farmers' Market

Market greens, tomatoes, flowers, wide variety of peppers, potatoes, pumpkins, apples, watermelon, green beans, blackberries and more.

June - October

Wednesdays, 3:00 pm - 6:00 pm

Walnut Street Baptist Church

parking lot, Third and

St. Catherine streets.

More Local Farmers' Market Locations

Portland/Shawnee Farmers' Market

Vegetables, melons and flowers.
June 10 - October 28
Saturdays, 9:00 am - 12:00 pm
Portland Baptist Church parking
lot - 38th and Market. Will accept
WIC and EBT.

Rowan Street Farmers' Market (Part of the senior farmers' market nutrition program)

Vegetables, green beans, new
potatoes, corn, tomatoes,
cantaloupe, watermelon, Asian
melon, blackberries and more.
June 1 - October 15
Monday - Friday, 8:00 am - 4:00 pm
On the corner of 18th and Rowan
Street in Louisville, outside of
commodities building
Will accept Senior Farmers' Market
Nutrition Program Vouchers.

Russell Farmers' Market

Vegetables and more.
April 26 - December 24
Wednesday - Sunday,
10:00 am - 7:00 pm
Quinn Chapel Church at the
corner of 9th and Chestnut.

Smoketown/Shelby Park Farmers' Market

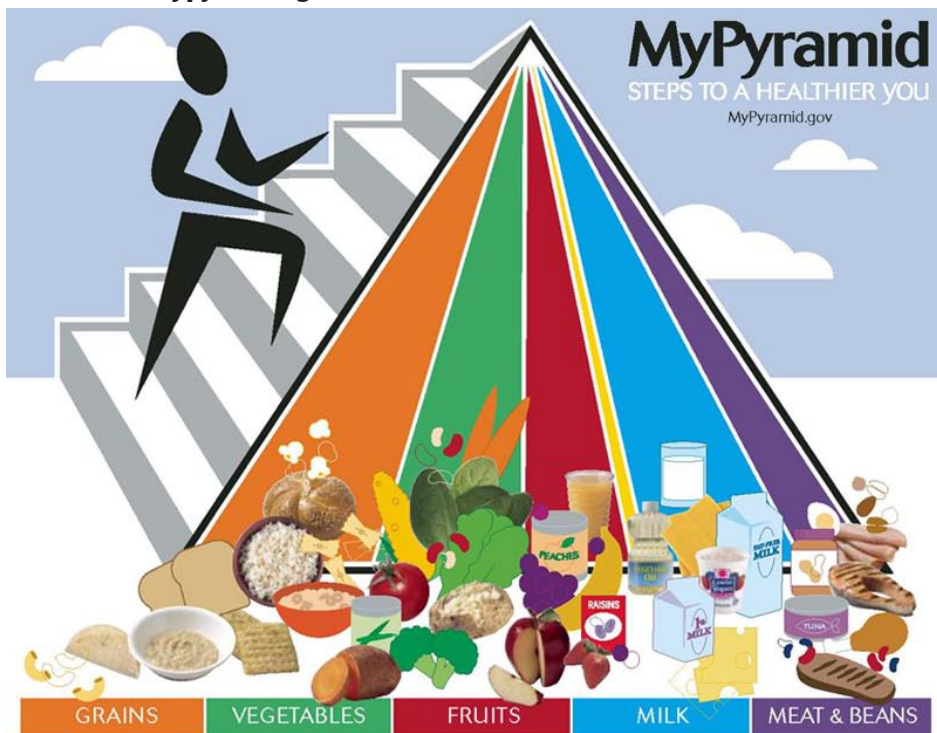
Vegetables, melons and flowers.
June 10 - October 28
Saturdays, 9:00 am - 12:00 pm
Meyzeek Middle School parking
lot, corner of Preston and
Breckinridge streets.
Will accept WIC and EBT.

Store Listings

Store	Address	Zip	Phone #
Amazing Grace			
Whole Foods & Nutrition	1133 Bardstown Rd	40204	502-485-1122
Apple Annie's Market	5612 Preston Hwy	40219	502-966-3055
Bread Of Life Nutrition Center	7311 Preston Hwy	40219	502-964-5773
Burger's Market	1105 Ray Ave	40204	502-454-0461
Castus Low Carb Super Stores	2100 S. Hurstbourne	40220	502-495-2266
Health & Harvest	3030 Bardstown Rd	40205	502-451-6772
Honey Health Foods Inc	3918 South Park Rd	40219	502-966-9598
Kroger (www.kroger.com)	Throughout Louisville		
Low Carb Sugar Free Market	10278 Shelbyville Rd	40223	502-254-2777
Rainbow Blossom Natural Food Markets	3738 Lexington Rd	40207	502-896-0189
Rainbow Blossom Natural Food Markets	12401 Shelbyville Rd	40243	502-244-2022
Rainbow Blossom Natural Food Markets	3608 Springhurst Blvd	40241	502-339-5090
Valu Market – 4 locations	5301 Mitscher Ave	40214	502-361-9285
Whole Foods Market Inc	4944 Shelbyville Rd	40207	502-899-5545
Wild Oats Market	4600 Shelbyville Rd	40207	502-721-7373

Mayor's Healthy Hometown Resource Guide

Go to www.mypyramid.gov for more information on the USDA Guidelines



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
GRAINS Make half your grains whole Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	VEGETABLES Vary your veggies Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	FRUITS Focus on fruits Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	MILK Get your calcium-rich foods Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	MEAT & BEANS Go lean with protein Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CHPP-15



USDA is an equal opportunity provider and employer.

Louisville's Health Challenges

This section provides an outline of the four most prevalent diseases in the Louisville Metro area including heart disease, stroke, diabetes mellitus and chronic obstructive pulmonary disease (COPD). Unfortunately, Louisvillians suffer with these diseases at a higher rate than the national average. The following will provide an overview of each disease, their causes and what you can do to lower your risk of developing these chronic, life-threatening illnesses.

Heart Disease

As we mentioned in previous pages, there are many factors that impact the health of your heart. But, you can control the most common diseases affecting the health of your heart. Eating healthier and exercising regularly are the key elements to maintaining a healthy heart and long life.

What causes heart disease?

Cholesterol can lead to a build up of plaque in your arteries leading to narrowing of your blood vessels and a decrease in blood flow to your heart and brain. Fatty foods are the main culprits in depositing the unwanted plaque.¹

High blood pressure also impacts your heart. A blood pressure reading at or below 120/80 mmHg is considered normal. When the level stays high, 140/90 mmHg or higher, you have high blood pressure. With high blood pressure, the heart works harder, your arteries take a beating, and your chances of a stroke, heart attack, and kidney problems are greater. More specifically, high blood pressure can cause:

- The heart to get larger, which may lead to heart failure.
- Create small bulges (aneurysms (AN-u-risms)) to form in blood vessels. Common locations are the main artery from the heart (aorta); arteries in the brain, legs, and intestines; and the artery leading to the spleen.
- Blood vessels in the kidney to narrow, which may cause kidney failure.
- Arteries throughout the body to "harden" faster, especially those in the heart, brain, kidneys, and legs. This can cause a heart attack, stroke, kidney failure, or amputation of part of the leg.
- Blood vessels in the eyes to burst or bleed, which may cause vision changes and can result in blindness.²

What is Heart Failure?

Heart failure is characterized by the inability of the heart to pump enough blood to the lungs and the rest of the body. Consequently, the metabolic (energy) demands of the body are not met. Heart failure can result either from systolic dysfunction, as a result of inadequate pumping activity, or from diastolic dysfunction, which is due to impaired relaxation and improper blood filling.³

Heart failure is usually a chronic disease. That means it's a long-term condition that tends to gradually become worse. By the time someone is diagnosed, chances are the heart has been losing pumping capacity little by little for quite a while. At first the heart tries to make up for this by:

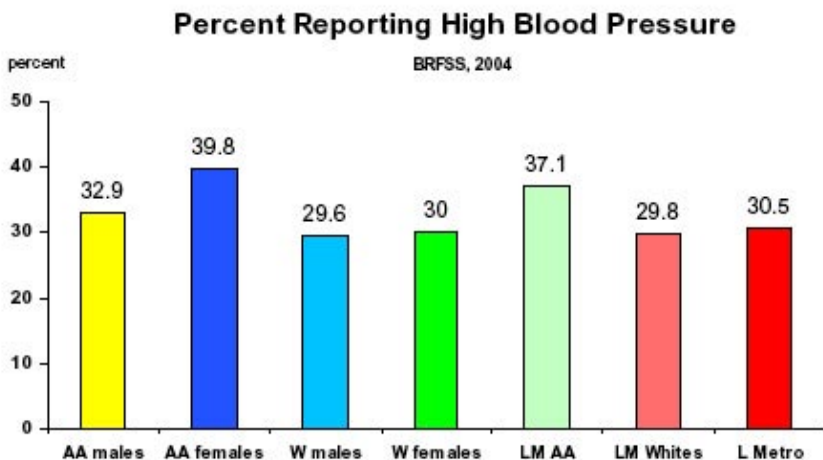
- **Enlarging.** When the heart chamber enlarges, it stretches more and can contract harder, so it pumps more blood.
- **Developing more muscle mass.** The increase in muscle mass occurs because the contracting cells of the heart get bigger. This lets the heart pump harder, at least initially.
- **Pumping faster.** This helps to increase the heart's output.
- **The body also tries to compensate in other ways.** The blood vessels narrow to keep blood pressure up, trying to make up for the heart's loss of power. The body diverts blood away from less important tissues and organs to maintain flow to the most vital organs, the heart and brain. These temporary measures mask the problem of heart failure, but they don't solve it. This helps explain why some people may not become aware of their condition until years after their heart begins its decline. (It's also a good reason to have a regular checkup with your doctor.) Eventually the heart and body just can't keep up, and the person experiences fatigue, breathing problems, or other symptoms that usually prompt a trip to the doctor.

Symptoms of Heart Disease

- | | | |
|---|---|-------------------------------|
| • Sudden weight gain | • Swelling or pain in the abdomen | • Frequent dry, hacking cough |
| • Shortness of breath not related to exercise or exertion | • Trouble sleeping (waking up short of breath, using more pillows to prop head upright) | • Increased fatigue |
| • Swelling in the legs or ankles | | |

Treatment of heart disease:

Although there is currently no cure for heart failure, other than heart transplantation, a variety of treatments exist that can improve the quality of life of heart patients. Such treatments include lifestyle changes (weight loss, smoking cessation, etc;), surgery and medication. However, these therapies aim at treating the symptoms of the disease rather than the mechanisms, which underlie the cause of heart failure. ⁴



KEY:

AA – African American

W – White

LM – Louisville Metro

KY – Kentucky

US – United States

Louisville Metro have around 30% or more reporting high blood pressure, the percent reaches almost 40% for African American females.

From the Louisville Metro Health Department's Behavioral Risk Factor Surveillance System (BRFSS) Report, 2005

Seeking Help

**American Heart Association
Kentuckiana Division
240 Whittington Parkway
Louisville, KY 40222**

Stroke

A stroke or “brain attack” occurs when a blood clot blocks an artery or a blood vessel, interrupting blood flow to an area of the brain. When either of these things happens, brain cells begin to die and brain damage occurs. When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.

Facts about strokes:

- 80% of strokes are preventable
- Stroke is the third leading cause of death in America and the number one cause of adult disability

Risk Factors:

- Being over the age of 55
- Male
- African American
- Family history of a stroke
- Diabetes
- High blood pressure
- High cholesterol
- Smoking
- Drinking alcohol
- Obesity

Treatment:

Rehabilitation is an important part of recovering from a stroke. Through rehabilitation, you relearn or regain basic skills such as speaking, eating, dressing, and walking. The goal is to improve function so that you become as independent as possible. Treatment of a stroke ultimately depends on what type of stroke and what area of the brain has been affected.

Seeking Help

National Stroke Resources National Stroke Association

**1-800-STROKES
1-800-787-6537
9707 E. Easter Lane
Centennial, CO 80112**

Diabetes

What is Diabetes?

Diabetes is a problem with the body's fuel system. It is caused by lack of insulin, a hormone made in the pancreas (an organ that secretes enzymes needed for digestion) that is essential for getting energy from food. There are two major kinds of diabetes:

In **Type 1** diabetes, which usually starts in children, the body stops making insulin completely.

In **Type 2** diabetes, also called adult-onset diabetes, the body still makes some insulin, but cannot use it properly.

Most adults with diabetes have Type 2; in fact, Type 2 diabetes accounts for 90 percent of all diabetes cases. Once an adult-specific disease, Type 2 diabetes is becoming prevalent in children. Obese children are two times more likely to develop Type 2 diabetes.

How Insulin Works

Food is digested in the stomach and intestines, and carbohydrates are broken down into sugar molecules, or glucose. Glucose is then absorbed into the bloodstream, and blood glucose levels rise. This rise in blood sugar normally signals special cells in the pancreas, called beta cells, to release the right amount of insulin.

Insulin allows glucose and other nutrients (such as amino acids from proteins) to enter muscle cells. There, they can be stored for later or burned for energy.

When the body has a problem making insulin or the cells do not respond to insulin in the right way, diabetes results.

Seeking Help

National Diabetes Resources American Diabetes Association

www.diabetes.org

Local Chapter

161 St. Matthews Avenue

Suite 3

Louisville, KY 40207

(502) 452-6072

Facts about Diabetes in Adults:

- Diabetes contributes to the deaths of more than 190,000 Americans per year.
- Diabetes often leads to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage.
- Obesity raises the risk for diabetes by as much as 93%, and an inactive lifestyle can raise it by as much as 25%. Obese children are starting to develop this type of diabetes that until only recently occurred only in adults.
- In 1997, diabetes cost the United States billions of dollars in indirect costs (such as disability payments and lost work time) and billions in direct medical costs.
- About 16 million people in the U.S. have type 2 diabetes. Half of those people are unaware that they have the condition.
- Uncontrolled diabetes can complicate pregnancy and put a mother at risk for having a baby with birth defects.⁵

Symptoms of Diabetes⁶:

1. Feeling thirsty.
2. Having to urinate more than usual.
3. Feeling more hungry than usual.
4. Losing weight without trying to.
5. Feeling tired.
6. Feeling cranky.

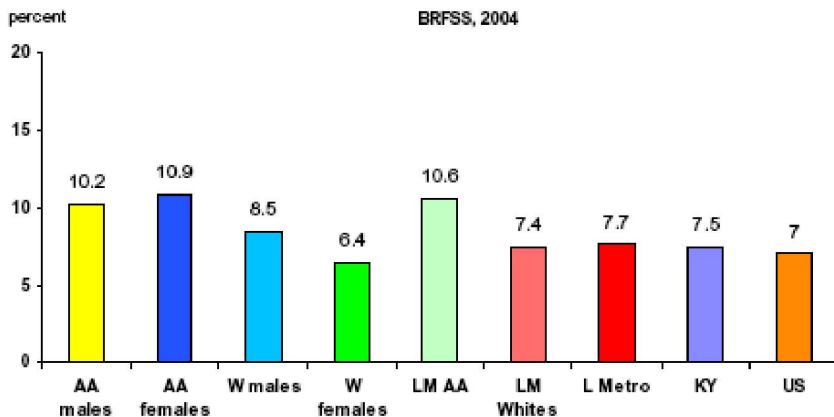
How is it treated?

Treatment for Type 2 diabetes includes eating more foods that are good for you (vegetables, whole grains, lowfat foods), getting regular exercise, checking your blood sugar levels, and possibly taking medications. You will also visit your doctor regularly to make sure your treatment is working and that you are not having more serious health problems.

Can type 2 diabetes be prevented?

Yes! If you are at risk for type 2 diabetes or if you have a condition called prediabetes—when your blood sugar levels are above normal but not high enough for a diagnosis of diabetes—you may be able to prevent or delay the disease by exercising regularly and changing the way you eat. Often, people who develop type 2 diabetes are overweight and not physically active. By losing as few as 10 or 20 pounds, you can reduce your chances of developing diabetes.⁷

Percent Reporting Diabetes



KEY:

AA – African American

W – White

LM – Louisville Metro

KY – Kentucky

US – United States

From the Louisville Metro Health Department's Behavioral Risk Factor Surveillance System (BRFSS) Report, 2005

Local Diabetes Statistics

The percent reporting diabetes is similar for Louisville Metro (7.7%), Kentucky (7.5%), and the US (7%). However, in Louisville Metro African Americans reported a higher percent ever having diabetes (10.6%) than Louisville Metro Whites, especially White females (6.4%).

COPD

COPD, Chronic Obstructive Pulmonary Disease, is a lung condition that makes it more and more difficult to breathe. Asthma, chronic bronchitis and emphysema are considered part of COPD. In fact, COPD is the fourth leading cause of death in the United States. COPD can affect your life as early as 40-years-old. Both men and women are susceptible. Tobacco smoke causes approximately 80% to 90% of all cases of COPD. In fact, a smoker is 10 times more likely to die of COPD than a nonsmoker.

Facts about COPD:

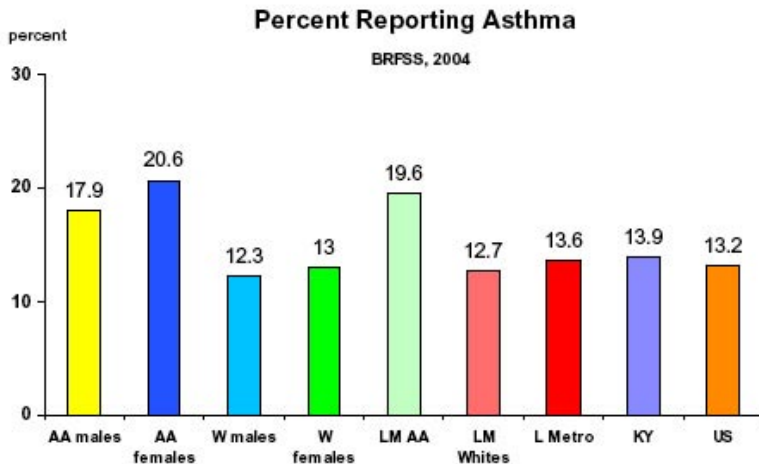
- 10 million Americans have been diagnosed with COPD.
- 70% of patients diagnosed with COPD are younger than 65 years of age.
- Often confused with asthma.
- Smoking is the primary risk factor for COPD.

Symptoms of COPD:

- **Shortness of breath (dyspnea)**—In the early stages of COPD, patients may experience breathlessness only during strenuous activity. This might include climbing stairs or exercising. At first, they may see this as a sign of aging or being out of shape. But gradually, patients begin to feel shortness of breath even during simple activities. This can happen when simply walking across the room, or even while resting.
- **Chronic cough**—It is often the first symptom of COPD to develop. It is often discounted as “smokers cough” or the effect of cold weather.
- **Increase and/or change in sputum**—Patients often produce sputum (also called phlegm) after coughing. Beware of any changes in color.
- **Wheezing**—Wheezing is a whistling or squeaking noise that is heard when the patient breathes. It may be caused by the narrowing of the airways in the lungs.
- **Chest tightness**—Patients describe this as a feeling of pressure on the chest, as if being wrapped tightly by a blanket.

How COPD is treated:

There is no cure for COPD, however taking your proper medications regularly and modifying your lifestyle (quit smoking) will help you manage your COPD effectively. Supervised exercise programs by qualified health professionals and Pulmonary Rehabilitation are beneficial in decreasing symptoms and improving quality of life in people with COPD.



KEY:

AA – African American

W – White

LM – Louisville Metro

KY – Kentucky

US – United States

From the Louisville Metro Health Department's Behavioral Risk Factor Surveillance System

Local Asthma Statistics: (from BRFSS 2005)

- Nearly 1 in every 7 Louisville Metro adults reported having asthma at some time. This is similar to the percent reported for Kentucky and the US.
- However, in Louisville Metro the percent of adults who had ever been told they have asthma by a health professional is higher for African Americans (19.6%), especially African American females (20.6%), than for Whites (12.7%).

Seeking Help

American Lung Association of Kentucky

P.O. Box 9067
Louisville, KY 40209-0067
4100 Churchman Avenue
Louisville, KY 40215
Phone: (502) 363-2652
Fax: (502) 363-0222
Email: menisam@kylung.org

Louisville's Medical Resources

Becoming familiar with the many different types of doctors, health care providers and other caregivers is sometimes challenging. Below are some helpful descriptions and resources.

Medical doctors or MDs

The following are the subspecialties recognized by the American Board of Internal Medicine:

1. Cardiology—dealing with disorders of the heart and blood vessels
2. Endocrinology—dealing with disorders of the endocrine system and its specific secretions called hormones
3. Gastroenterology—concerned with the field of digestive diseases
4. Hematology—concerned with blood, the blood-forming organs and its disorders
5. Infectious disease—concerned with disease caused by a biological agent such as by a virus, bacterium or parasite
6. Medical oncology—dealing with the study and treatment of cancer
7. Nephrology—dealing with the study of the function and diseases of the kidney
8. Pulmonology—dealing with diseases of the lungs and the respiratory tract
9. Rheumatology—devoted to the diagnosis and treatment of problems involving the muscles and/or joints.

www.abim.org/cert/policiecssaq.shtm

Nursing - Advanced Registered Nurse Practitioners (ARNP)

ARNP's are registered nurses with advanced training in the diagnosis and management of common medical problems and chronic illnesses. ARNP's usually work together with physicians; however are not required to do so and are given the authority by the state to prescribe medications.

www.aanp.org/Default.asp

Physical Therapists

Physical therapists are joining the growing number of specialists patients can now visit as a first line of defense. Physical therapists are licensed by the state government and specialize in the musculoskeletal system. Musculoskeletal system, simply put, is anything to do with the bones and/or muscle. This means anything from a sore back to a sprained ankle; physical therapists are qualified to treat and refer you to other specialists, as needed. Many insurance companies now accept and recognize physical therapists as initial practitioner providers. Or, you can go to your doctor first and receive a prescription for physical therapy, usually covered by insurance.

www.apta.org

Complimentary and Alternative Medicine Practitioners

Complimentary and Alternative Medicine is any scope of healthcare that is outside the area of conventional medicine like Medical Doctors, Nurses, Physical therapist, etc. Complimentary and alternative medicine practitioners include but are not limited to acupuncturist, chiropractors, and massage therapists.

Center for Health Equity

All citizens in Louisville need access to quality healthcare no matter their race, culture or income level. Under the leadership of Mayor Abramson and Dr. Troutman, the Health Department has created the Center for Health Equity. Louisville is the only local health department in the country to launch such a center.

The Center is committed to:

- Creating health equity through social justice
- Eliminating health inequities by confronting racial discrimination
- Working to empower and support communities and individuals to take charge of their health by acting on the social conditions that affect their health
- Creating optimal health for all through social and economic change

Why do we need a Center for Health Equity?

Here are a few statistics that the Center hopes to change:

- African Americans had higher death rates for four of the six leading causes of death in Louisville.
- The homicide rate for African Americans was six times the rate of homicides among whites.
- Disproportionate rates of uninsured among African Americans and Latinos.
- African American men in Louisville, in a state with the highest smoking rate in the nation had the highest smoking rate in Louisville.
- The infant mortality rate was two times the rate for African American babies as compared to whites.

Medical Resources

General

American Diabetes Association
www.diabetes.org/

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

American Stroke Association
www.strokeassociation.org

Specialized
American Dental Association
www.ada.org

American Medical Association
www.ama-assn.org/

National Center for Complimentary and Alternative Medicine
nccam.nih.gov/

To improve these statistics, the Center for Health Equity will:

- Educate the community
- Build community capacity by giving community, church, and other grass roots organizations the skills to perform health assessments and screenings, and to design and implement neighborhood health initiatives
- Educate and train health professionals and others around the principals of health equity
- Develop curriculum for professionals
- Replicate programs that have been proven to begin to close the gap in excess death
- Build new coalitions representing the many forces responsible for individual and community health
- Conduct research driven by the community on methodologies needed to create health equity in Louisville
- Develop public policy that supports equal access to health and healthcare resources
- Focus on the health of refugees and immigrants
- Raise community awareness of the existence of health inequities and potential solutions to this crisis
- Change the practice of public health to fully integrate the principles of health equity into the daily work of our workforce
- Build a reliable database on the health of Louisville's communities of color and the economically disadvantaged.

The Center for Health Equity is located at historic Hampton House, 2422 West Chestnut St. in Louisville.

For more information about the program call 502-574-6616 or go to:
<http://www.louisvilleky.gov/Health/Center+for+Health+Equity.htm>

"Don't measure yourself against others. It is your improvement you are working towards. There will always be someone faster or stronger but you will always be faster and stronger than someone else. The main thing is fitness can be fun if you strive to make it fun.

Fitness for me is a stress relief. I run 4 to 5 days a week mostly by myself to clear my mind. The feeling after a long run can be accelerating. Adding fitness into your life is a lifetime event with lifetime results. My hero is 83 years old and he keeps running. Many people wonder if fitness will make you live longer. I believe life is not a measure of time but of quality. If you want quality in your life, a fitness program can be very rewarding."

Howard Abell

Senior Vice President of Marketing for Rudd Equipment Company

Prevention

The key to a long healthy life is to prevent diseases that can be prevented. What is prevention? Prevention is the act of obstructing, hindering or slowing an action. By eating healthy foods, exercising, and stopping everyday activities that promote disease and illness, you can achieve a long and healthy life.

Helmet Use

A helmet protects your brain when you fall – from a bicycle, rollerblade, skateboard or any other “tough” sport. It has a plastic shell on the outside and foam inside. It has a strap to keep it on when you fly through the air. It only covers your head, and the rest of your body is still exposed. So you still have to be careful. Be sure to replace your helmet if yours has been involved in a crash.

How does a helmet work?

The foam crushes when you hit the road. That cushions the blow, and usually saves your brain. The shell makes it skid on the street so your neck does not get jerked. The shell also keeps the foam in one piece. *It can split when you hit an object and not be there when you hit the street.* But, make sure your helmet is the proper fit because if the strap is not secure, your helmet can slip to the side or to the back. Then your bare head hits the road and the helmet does not help protect your brain from injury.

Why wear a helmet? Here are some facts¹⁰

- There are 85 million bicycle riders in the US.
- 720 bicyclists died in crashes with motor vehicles in the US in 2005.
- About 540,000 bicyclists visit emergency rooms with injuries every year. Of those, about 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized.
- 1 in 8 of the cyclists with reported injuries have a brain injury.
- Two-thirds of bicycle deaths are from traumatic brain injury.
- A very high percentage of cyclists' brain injuries could have been prevented by a helmet, estimated at anywhere from 45 to 88%.

Some people do not wear bike helmets. Don't let that stop you. You need one when you ride your bike, rollerblade or skateboard.

For more information on helmet types and proper fitting, contact your local bike shop or visit <http://www.bhsi.org/>

Backpack Safety and Injury Prevention⁹

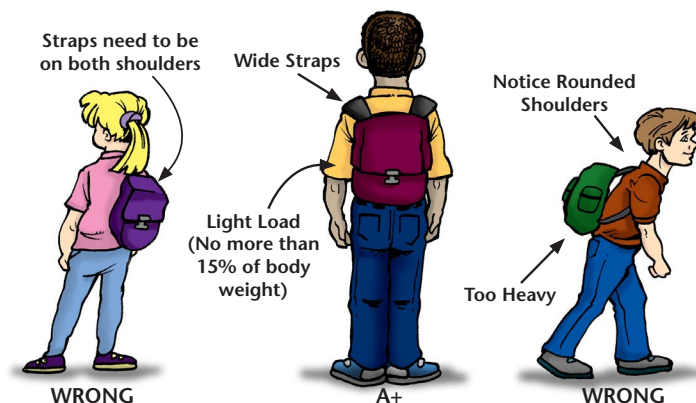
Children's backpacks are getting heavier and heavier today. The following tips will help prevent injury and promote backpack safety.

- **Wear both shoulder straps.** The weight of the backpack is better distributed, and a well-aligned symmetrical posture is promoted.
- **Remove and put on backpacks carefully.** Keep the trunk of your body stable and avoid excessive twisting.
- **Wear the backpack over the strongest mid-back muscles.** Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and permit free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.
- **Lighten the load.** Keep the load at 10-15% or less of the student's bodyweight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back to reduce kinetic forces that cause postural malalignment and overwork muscles.

Parents and children can **avoid injury** by recognizing the following warning signs that the backpack is too heavy:

- Change in posture when wearing the backpack;
- Struggling when putting on or taking off the backpack;
- Pain when wearing the backpack;
- Tingling or numbness in arms and legs, mostly arms; or
- Red marks on the shoulders.

To learn more about backpack safety, injury prevention or injury signs, contact a physical therapist in your community.



Bone Loss and Osteoporosis⁵

Osteoporosis, which means “porous bones,” causes bones to become weak and brittle — so brittle that even mild stresses like bending over, lifting a vacuum cleaner or coughing can cause a fracture. In most cases, bones weaken when you have low levels of calcium, phosphorus and other minerals in your bones. Osteoporosis can also accompany endocrine disorders or result from excessive use of drugs such as corticosteroids.

A common result of osteoporosis is fractures — most occur in the spine, hip, or wrist. Although it’s often thought of as a women’s disease, osteoporosis also affects a significant number of men.

It is important to build up your calcium supply as a young person because after 30 years of age, the body ceases to store the much-needed mineral. Yet it’s never too late (or too early) to do something about osteoporosis. Everyone can take steps to keep bones strong and healthy throughout life.

Risk Factors for the Development of Osteoporosis⁶:

1. Age. The older you are, the greater your risk of osteoporosis. Your bones become weaker and less dense as you age. However, even teenagers can get osteoporosis. Teens especially at risk include athletes who are very weight conscious. One example is Female Athlete Triad (FAT). The Female Athlete Triad is a combination of three disorders: disordered eating, amenorrhea (absence of menstruation) and osteoporosis. It is important to watch teenage female athletes for these signs and symptoms.

2. Gender. Your chances of developing osteoporosis are greater if you are a woman. Women have less bone tissue and lose bone more rapidly than men because of the changes involved in menopause.

3. Family History and Frequent of Fractures as an Adult. Susceptibility to fracture may be, in part, hereditary. Young women whose mothers have a history of vertebral fractures also seem to have reduced bone mass. Also, frequent fracture as an adult increase your risk.

4. Race. Research has shown that Caucasian and Asian women are more likely to develop osteoporosis. However, African American and Hispanic women are at significant risk for developing the disease.

5. Bone Structure and Body Weight. Small-boned and thin women (under 127 pounds) are at greater risk.

6. Menopause/Menstrual History. Normal or early menopause (brought about naturally or because of surgery) increases your risk of developing osteoporosis. In addition, women who stop menstruating before menopause because of conditions such as anorexia or bulimia, or because of excessive physical exercise, may also lose bone tissue and develop osteoporosis.

7. Lifestyle. Current cigarette smoking, drinking too much alcohol, consuming an inadequate amount of calcium or getting little or no weight-bearing exercise, increases your chances of developing osteoporosis.

8. Medications/Chronic Diseases. Often, an overlooked risk factor, medications to treat disorders such as rheumatoid arthritis, endocrine disorders (i.e. an under-active thyroid), seizure disorders and gastrointestinal diseases may have side effects that can damage bone and lead to osteoporosis.

It's important to remember that just as a muscle gets stronger and bigger the more you use it, a bone becomes stronger and denser when you place demands on it. Exercise is an important part of preventing osteoporosis.

"Competition is important to me, but not because I expect to win. What's important is that I train with people who are pushing themselves to work harder and go faster. This spirit is infectious, and for me, fun.

When asked how I got back in shape, I point to competition and my change in mindset. I stopped thinking that I used to be an athlete, and instead think, I am an athlete."

David A. Jones, Jr.

Chairman & Managing Director, Chrysalis Ventures

Chairman, Humana Inc.

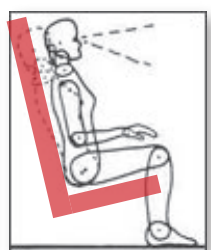
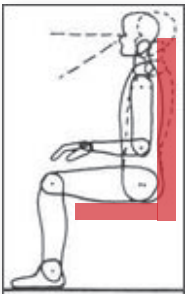
September 6, 2006

Ergonomics

Ergonomics is defined as the science related to an individual and his or her work, embodying the anatomic, physiologic, and mechanical principles affecting the efficient use of human energy. Learn basic ergonomic techniques and how to prevent injury at the work place.⁷

To understand the best way to set up a computer workstation, it is helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following guidelines are important considerations when attempting to maintain neutral body postures while working at a computer workstation:¹¹

- **Hands, wrists, and forearms** are straight, in-line and roughly parallel to the floor.
- **Head** is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with the **torso**.
- **Shoulders** are relaxed and **upper arms** hang normally at the side of the body.
- **Elbows** stay in close to the body and are bent between 90 and 120 degrees.
- **Feet** are fully supported by floor or footrest.
- **Back** is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- **Thighs and hips** are supported by a well-padded seat and generally parallel to the floor.
- **Knees** are about the same height as the hips with the **feet** slightly forward.



Stretches to do at work to promote ergonomics⁸

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Stretch your fingers, hands, arms, and torso.
- Stand up and walk around for a few minutes, periodically.

It is important to take a 5-10 minute break from the computer and your workstation every 20-30 minutes. Here are some simple stretches you can complete to prevent muscle impairments. You can also complete the stretching routines outlined in previous pages throughout your workday.

For more info, consult the checklist at <http://www.osha.gov/SLTC/etools/computerworkstations/pdf/files/checklist1.pdf>

Posture Stretch

1. While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling the head upward.
2. Hold for 3 seconds and relax.
3. Repeat 3 times.



Signs and symptoms of musculoskeletal disorders/repetitive stress¹¹

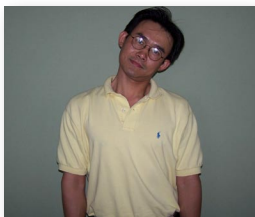
It is important to report signs and symptoms as early as possible to prevent serious injury or permanent damage. People at risk for MSDs associated with computer use may experience some of the following signs or symptoms:

- Numbness or a burning sensation in the wrist or hand
- Reduced grip strength in the hand
- Swelling or stiffness in the joints
- Pain in wrists, forearms, elbows, neck, or back
- Reduced range of motion in the shoulder, neck, or back
- Dry, itchy, or sore eyes
- Blurred or double vision
- Aching or tingling
- Cramping
- Loss of color in affected regions
- Weakness

Mayor's Healthy Hometown Resource Guide

Sidebend: Neck Stretch

1. Tilt head to one side (ear towards shoulder).
2. Hold for 15 seconds.
3. Relax.
4. Repeat 3 times on each side.



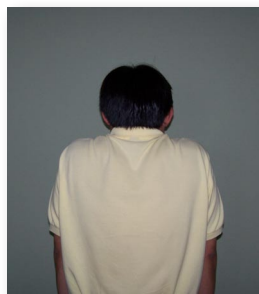
Diagonal Neck Stretch

1. Turn head slightly and then look down as if looking in your pocket.
2. Hold for 15 seconds.
3. Relax.
4. Repeat 3 times on each side.



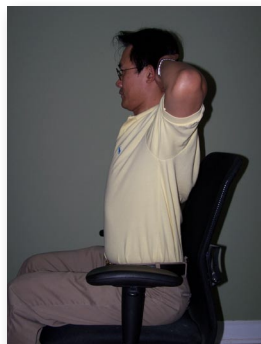
Shoulder Shrug

1. Slowly bring shoulders up to the ears and hold for approx 3 seconds.
2. Rotate shoulders back and down.
3. Repeat 10 times.



Upper Body Stretch

1. While sitting, lock hands behind head, bring elbows back as far as possible.
2. Inhale deeply while leaning back and stretching.
3. Hold for 20 seconds.
4. Exhale and relax.
6. Repeat 1 time.



Mayor's Healthy Hometown Resource Guide

Hand Shake

1. While sitting, drop arms to the side.
2. Shake hands downward gently.
3. Repeat frequently.



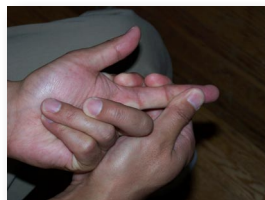
Hand Massage (Note: Perform very gently!)

1. Massage the inside and outside of the hand using the thumb and fingers.
2. Repeat frequently (including before beginning work).



Finger Massage (Note: Perform very gently!)

1. Massage fingers of each hand individually, slowly, and gently.
2. Move toward nail gently .
3. Massage space between finger.s
4. Perform daily.



Wrist Stretch

1. Hold arm straight out in front of you.
2. Pull the hand backwards with the other hand, then pull downward .
3. Hold for 20 seconds.
4. Relax.
5. Repeat 3 times each.



Foot Rotation

1. While sitting, slowly rotate each foot from the ankle.
2. Rotate 3 times in one direction, then 3 times in the opposite direction.
3. Relax.
4. Repeat 1 time.



Smoking and Alcohol Cessation

Freedom From Smoking

The American Lung Association has developed an 8-step program to help you quit smoking and remain smoke-free. Contact the local chapter in the sidebar for a free brochure on the program or to enroll.

In addition, the American Lung Association also offers the same smoking cessation program in a free, interactive, web-based format. To learn more about this on-line support group and smoking cessation program go to www.lungusa.org or call the local chapter listed below.

Did you know? Smoking Facts¹

- An estimated 440,000 Americans die each year from diseases caused by smoking.
- Smoking is responsible for an estimated 1 in 5 U.S. deaths each year
- Smoking costs the U.S. over \$150 billion each year in health care costs and lost productivity.

Want to Quit?

Call 1-800-QUIT NOW for free support with a trained counselor, who will talk to you whether you are ready to quit or just thinking about it.

There is also the National Cancer Institute's Smoking Quitline, 1-877-44U-Quit, offering proactive counseling by trained personnel.

Nicotine Anonymous

A 12-step program based on AA;
Nonprofit. Free. Call (800) 642-0666.

- Louisville Wellness Center
Sat 11:30am
10003 Taylorsville Rd.

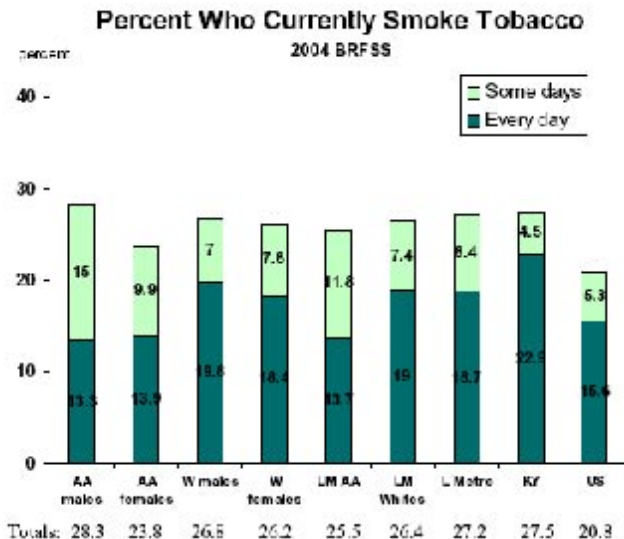
Local meetings:

- Louisville Wellness Center
Mon 6:00 pm
10003 Taylorsville Rd.
- Token III Club
Tue 7:00 pm
4014 Dutchmans Lane
- Token III Club
Fri 7:00 pm
4014 Dutchmans Lane

American Lung Association of Kentucky

P.O. Box 9067
Louisville, KY 40209-0067
4100 Churchman Avenue
Louisville, KY 40215
Phone: (502) 363-2652
Fax: (502) 363-0222
Email: menisam@kylung.org

Mayor's Healthy Hometown Resource Guide



Key:
 AA – African American
 W – White
 LM – Louisville Metro
 KY – Kentucky
 US – United States

From the Louisville
 Metro Health
 Department's
 Behavioral Risk Factor
 Surveillance System
 (BRFSS) Report, 2005

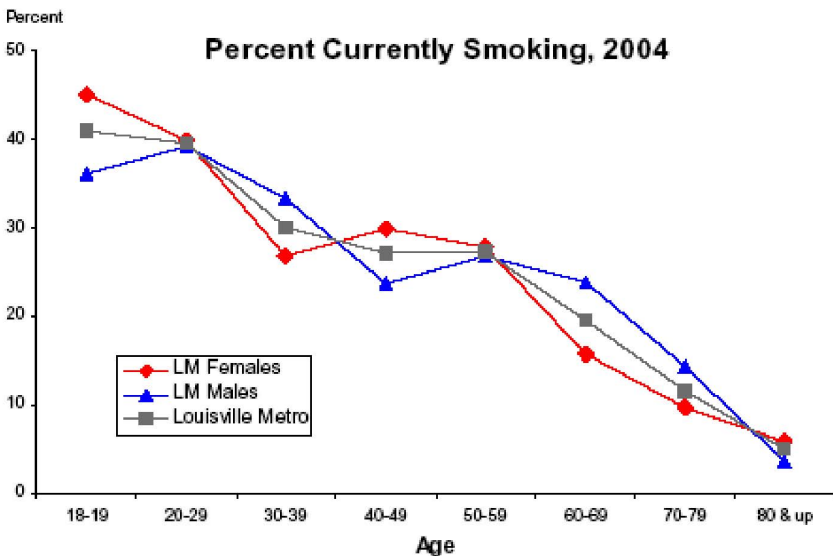
Local Statistics²

- Over 1 in every 4 Louisville Metro (LM) adults (27.2%) and Kentucky adults (27.5%) reported that they currently smoke. The US reports only 20.8%.
- African American males have the highest percent reporting smoking tobacco in LM. However, most of them reported smoking only some days, rather than every day.
- Smoking has a strong relationship with age. There is a steady decline in the percent who smoke from a high of over 40% for 18 to 19 year olds to a low of 5% for adults 80 years of age and older.

Mayor's Healthy Hometown Resource Guide

More Local Statistics²

- Females have the highest percent currently smoking in the age group of 18 to 19 years of age (45%). However, males continue to have over 20% currently smoking up to 70 years of age.
- Over half of those who currently smoke have tried to quit during the past year.
- The majority (64%) of LM adults reported that smoking is not allowed anywhere in their household.



Board of Health Stop Smoking Programs⁴

The Cooper/Clayton Program is a proven effective program that addresses all aspects of smoking. It utilizes nicotine replacement products and provides 13 weekly one-hour educational sessions to help you stop smoking. To register for a program or for more information call: 574-STOP (574-7867) or email us at stopsmoking@louisvilleky.gov

Park DuValle Community Health Center

3015 Wilson Avenue
Thursday 6:00 - 7:00 PM

Middletown Christian Church

500 North Watterson Trail
Friday 5:30 - 6:30 PM

Highview Health Center

7201 Outer Loop
Tuesday 1:00 - 2:00 PM

Norton Southwest Hospital

9820 Third Street Road
Thursday 6:00 - 7:00 PM

Norton Suburban Hospital Cancer Prevention & Resource Center

Medical Plaza 11, Suite 400
3991 Dutchmans Lane
Friday 12:00 - 1:00 PM
5:00 - 6:00 PM

Look at the Benefits of Quitting Smoking³

Time Since Last Cigarette	Benefit
20 minutes	Vital signs return to person's baseline normal level (blood pressure, pulse, temperature)
8 hours	Oxygen levels increase; carbon monoxide levels decrease
1 day	Risk of heart attack decreases
2 days	Increased ability to smell and taste; nerve endings begin to repair
2 weeks - 3 months	Improved circulation and lung function; reduced shortness of breath, improved exercise capacity
1 - 9 months	Cilia in lungs regenerate improving movement of secretions; reduced coughing and sinus congestion; decreased fatigue and increased energy levels
1 year	Risk of coronary heart disease reduced to one-half that of a smoker
5 years	Risk of lung cancer reduced by 50%; reduced risk of stroke; risk of oropharyngeal cancer (mouth, throat) reduced to one-half that of a smoker
10 years	Lung cancer death rate corresponds to nonsmoker's rate; risk of other tobacco-related cancers reduced
15 years	Risk of coronary heart disease equals that of a nonsmoker

"Anything worth having is worth working for."

Joe Sohm

owner of Cyclor's Café and cyclist

Exercise Tools

Exercise Log Book

This logbook will help you keep a weekly schedule or diary of your fitness activities and goals.

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Exercise Contract

When you sign a lease on an apartment, you sign a contract with the landlord to ensure a monthly follow through. Maybe you need this extra "push" for yourself in order to make a commitment to exercise and weight loss? Below you will find a "contract" to sign with yourself to ensure follow through on your exercise commitment.

EXERCISE CONTRACT

To begin my healthy lifestyle, I, _____, commit to

begin _____ (type of exercise) for _____ minutes on:

_____ Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat. _____ Sun.

I plan to do my exercise in the following location: _____.

(alternate location, if weather interferes: _____)

My Goal - Total Minutes Per Exercise Session

Week 1: _____ min. Week 4: _____ min.

Week 2: _____ min. Week 5: _____ min.

Week 3: _____ min. Week 6: _____ min.

Signature

Date



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Jerry Abramson, Mayor
Louisville Metro

Louisville Metro Council
www.louisvilleky.gov